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Exam 2: NUR163/ NUR 163 (NEW 2023/ 2024) Concepts of Practical Nursing in the Care of Elderly Patients Exam Review| Complete Guide with Verified Answers| 100% Correct – Hondros

QUESTION
what are the defining characteristics of stress overload?

Answer:
Anger, impatience, inability to make decisions

QUESTION
T/F If a person experiences a positive event, such as winning the lottery, the person experiences stress because he/she is encountering a significant life change

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Answer:
True

QUESTION
What is the fight or flight response?

Answer:
a predictable range of physiologic responses in the face of danger

QUESTION
What life event is considered most stressful?

Answer:
The *sudden* death of a child

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QUESTION
Why would someone be experiencing constipation during a stressful event?

Answer:
decreased peristalsis

QUESTION
T/F mild stress is bad

Answer:
False; mild stress causes increased alertness, which is good, in moderation

QUESTION
T/F Depression can occur because of high levels of stress

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Answer:
True

QUESTION
Biofeedback is:

Answer:
making the pt aware of physiologic responses to stress in an attempt to gain control over those responses

QUESTION
T/F Suppression is making generalizations to avoid disturbing thoughts

Answer:

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False; emotion-focused strategy

QUESTION
repression

Answer:
removal of anxiety-producing thoughts or experiences from conscious awareness

QUESTION
denial

Answer:
refusing to acknowledge some painful painful aspect of external reality that is obvious to others

QUESTION
rationalization

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Answer:
creating an acceptable explanations for unacceptable thoughts or actions

QUESTION
intellectualization

Answer:
making generalizations to avoid avoid disturbing thoughts or feelings

QUESTION
displacement

Answer:

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